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Obama has stern words for Republicans at swearing-in PAGE 6

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WHEN THE APPLE DOESN'T FALL FAR

DAUGHTERS OF CELEBRITIES CAN GET LOST IN THEIR SHADOWS. READ ABOUT FOUR WHO HAVEN'T PAGE 10



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Tuesday, January 22, 2013



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Filmgoers left 'terrified'

'All going to hell.' Man yells, curses at audience during matinee



HALEY RYAN

haley.ryan@metronews.ca

A Fairview woman said she was "terrified" when a man began yelling and pointing his finger at the audience during a movie in Empire Theatres on Sunday, and couldn't help but think of the fatal Colorado theatre shooting in July.

According to 32-year-old Kirsten, who did not want her last name used, the man created a scene during the last 20 minutes of Django Unchained, Quentin Tarantino's new film, and told the Bayers Lake crowd they were "all going to hell" if they continued watching.

Dean Leland, vice-president of media with Empire Theatres, confirmed Monday there "was an incident" with a man during the show.

"A guest alerted us that a man was upset, and he did come out of the theatre. Our manager and general manager calmed him down," Leland said. "He retrieved his belongings and left the building."

Kirsten said she was frightened because the man kept reaching into his pockets and pointing his hand at people in

Isolated case

"I can't remember the last time something like this happened."

Dean Leland of Empire Theatres

the front rows, giving the impression he could have had a weapon.

He began by shouting for the movie to stop, then he got in front of the screen and began yelling and cursing at the audience, Kirsten said.

"We were terrified," she said. "My boyfriend and I looked at each other, and I said, 'Do we chance getting up and leaving, or are we going to become targets?'"

Eventually someone did leave the theatre, and the man went out shortly after as well.

Kirsten and her boyfriend left before the end of the film "because we were a little bit freaked out," she said. She added she would have preferred to have theatre staff pause the movie and address the audience, but that did not happen. She also questioned why the theatre doesn't have on-site security in place.

Leland said Empire Theatres tries never to stop a film, but the managers greeted the audience on their way out and talked about the incident. "This is an isolated case," he said.



People head in for an afternoon movie at Empire Theatre in Bayers Lake on Monday. On Sunday, a patron created a scene and scared some fellow moviegoers. JEFF HARPER/METRO



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Minister of National Defence Peter MacKay jokes around with members of Halifax Stanfield International Airport's "Tartan Team" after the official opening of the airport's new runway on Monday. JEFF HARPER/METRO

New runway expected to help economy take off

Halifax airport. Heavier planes, more cargo forecast to touch down



HALEY RYAN
haley.ryan@metronews.ca

Extending the main runway at Halifax Stanfield International Airport will create a "ripple of prosperity" across the province, says airport authority president Tom Ruth.

The airport hosted the grand opening of its main runway on Monday morning, with Premier Darrell Dexter, federal Minister of Defence Peter MacKay and HRM Mayor

Quoted

"A mile on the road gives you a mile. A mile on the runway gives you the world." Tom Ruth

Mike Savage attending.

"This will allow cargo freighters to operate throughout the year, and now larger passenger planes can move more goods and people," said Ruth.

The \$28-million project began in September 2011 and was completed last November. The runway was lengthened from 8,800 to 10,500 feet.

The work included excavation, paving, electrical and lighting components, re-

bodes well for local businesses to set up around the airport.

MacKay said the expansion fits into the Atlantic Gateway trade strategy, and the province is an ideal location for goods and people to travel through.

"Larger planes bearing lobster, apples and fresh seafood will help contribute to our provincial economy," he said.

Transport Canada provided \$9 million in the runway, the province invested \$5 million, and the remaining \$14 million was covered by the Airport Authority.

The runway was extended 1,300 feet at the south end and 370 feet at the north end towards Enfield.

locating navigational aids on both ends, and replacing the Category II high-intensity approach system at the north end of the runway.

In Nova Scotia fashion, the dignitaries cut a tartan ribbon, strung between boxes of lobster, to mark the launch.

"We often say our market is the world, but that only works if we can move our goods into the world," Savage said at the event.

The mayor added that increased passenger traffic



Crewmembers of the Bolivian-flagged tugboat Craig Trans in Halifax last week. ANDREW VAUGHAN/THE CANADIAN PRESS

Stranded. Tugboat crew heads home from Halifax

Eight members of a tugboat crew left stranded in Halifax for more than three weeks have finally left for their homes in Central America.

The men — from Honduras and El Salvador — boarded a flight early Monday in Halifax.

When their rundown, 68-year-old tugboat limped into Halifax harbour on Dec. 18, inspectors deemed the rusty, cockroach-infested boat unsafe.

But the crew didn't have

enough money to get home, and the boat's owners weren't interested in helping them.

Helen Glenn, manager of the Mission to Seafarers in Halifax, says the charity raised about \$7,000 and had enough airline points to pay for flights to Central America.

Meanwhile, the owner of the tug — Vesta Shipping of New Jersey — says the men should have fixed the vessel instead of appealing to the public for help. **THE CANADIAN PRESS**

Bridgewater

Potential threat prompts police to lock down two schools

Police in Bridgewater locked two schools down for about 90 minutes Monday before they arrested a 40-year-old man at a nearby home.

Town police chief John Collyer said police seized a firearm from the arrested man's house — located a few blocks from both schools.

Collyer said the man would undergo a psychiatric assessment and charges are pending.

South Shore Regional School Board said Bridgewater Elementary School and Bridgewater Junior Senior High School were locked down at the request of local police after they warned of a "potential threat in the community."

Spokeswoman Trish Smith said the schools are next to one another.

She said at no point was there thought to be a direct threat to the two schools.

Smith said as a precaution, students at the elementary school were taken by bus to the Nova Scotia Community College across town where they were dismissed for the day.

She said students at the junior senior high were allowed to remain on the premises after police called to lift the lockdown.

THE CANADIAN PRESS

University workers

Staff at MSVU to vote on tentative new contract

Support staff at Mount St. Vincent University have reached a tentative new labour agreement.

The Nova Scotia Government and General Employees Union Local 81 represents approximately 100 clerical, administrative and technical staff.

The union filed for conciliation in late November and met with the conciliator last week.

The two sides reached the new proposal after two days of discussion.

NSGEU president Joan Jessome said in a release the union is pleased the bargaining committee was able to reach the agreement.

Details are being emailed to members, who will vote on the proposal on Jan. 28.

The university's faculty association approved a tentative agreement in a vote held last Friday. **METRO**

Tragedy. Charges likely in relation to girl's death

Police say they expect charges will be laid against a 30-year-old woman by the end of the week in the death of a nine-year-old girl killed when she was struck by a van on Saturday in Pleasantville.

Olive Moore was killed, according to police, after being dropped off at a home on Corkum Road around noon and then hit while standing in the road as the van left the driveway.

"I'm not in a position to comment on what charges will or will not be laid," said Sgt. Derek Smith of Lunenburg RCMP. "But I will say this, it looks like it's going to be an alcohol-driving related offence."

Relationship

- Police say the victim and the 30-year-old woman knew each other, but aren't saying specifically how. The woman was arrested and released without charges after the incident happened.

Smith said the entire community is shaken by the girl's death, including police and paramedics called to the scene.

"It's a huge effect on everybody," Smith said. "It's a very, sad, sad time."

PHILIP CROUCHER/METRO

Arrest. Facebook leads police to B&E suspect

RCMP in Antigonish say tips received via social media led to the arrest of a break and enter suspect.

The intrusion happened at the Credit Union on Main Street in Antigonish on Jan. 18. Police were able to get pictures of the suspect from nearby security cameras, and posted the images to the RCMP Nova Scotia Face-

book page.

Investigators received several calls from members of the public and arrested Robert Carlyle Jack, 53, of Antigonish, the morning of Jan. 19.

Jack was charged and released the same day — then arrested again on Jan. 20 for another break and enter.

He's due in provincial court on Feb. 11. **METRO**

Canadian Army. N.S. firm gets \$2.74M subcontract

Nova Scotia's IMP Electronic Systems has been awarded a \$2.74 million subcontract as part of a \$1.06 billion upgrade of the Canadian Army's light armoured vehicles.

The contract, one of several recently awarded across the country by General Dynamics Land Systems, was announced today at IMP's Hammonds Plains plant by Defence Minister Peter MacKay.

IMP will build the LAV III's

Goal

2035

The program's goal is to extend the life of the vehicles to 2035.

cable and wiring harnesses, which will be used in the vehicle's chassis to power various subsystems.

THE CANADIAN PRESS



Colchester RCMP Sgt. Al Affleck looks at the aftermath from Sunday night's fire in Stewiacke. **TRURO DAILY NEWS**

Blaze destroys cabinetry shop

Stewiacke. Fire that claimed the Home Hardware Cabinet Shop isn't suspicious

While a pile of debris smoldered Monday morning, motorists continuously drove from one end of George Street to the other to take a look at the Home Hardware custom cabinetry shop.

The shop in Stewiacke, which employed three full-time staff, was destroyed overnight Sunday after high winds took a fire from a neighbouring shed and spread it to the shop.

"When I got there, it was just catching (fire)," said Joely Killen, who operates the Stewiacke Home Hardware and the custom cabinetry shop

with her brother.

"It was about an hour or so later that the fire became a bigger concern. When I first arrived, I thought it wasn't going to be bad, that firefighters would be able to contain it and we wouldn't be damaged. I didn't think it would be completely gone."

Killen said she knew Sunday night that the building and its contents would be a total loss.

"(Monday) morning, we're just picking up the pieces and trying to figure out what needs to be done to keep everything rolling to get these three people back to work."

While the employees from the cabinetry shop are temporarily out of work, Killen hopes it will only be for about the next week.

"We're going to see about setting up a temporary shop.

We need to go through our stock and our customer orders to figure out what was there and what we need."

She said along with the custom cabinetry, the building was also a warehouse for inventory.

The Home Hardware store itself was not involved in the blaze, contrary to earlier information reported by the RCMP.

Police received a call at approximately 9 p.m. on Sunday to assist the Stewiacke Fire Department with traffic and crowd control at the George Street address.

When arriving on scene, the RCMP found the cabinet shop and a private shed engulfed in flames.

Although initially believed that the fire originated in the Home Hardware cabinet shop, investigation has revealed that the fire actually originated in

a residential shed on George Street in Stewiacke and that it spread to the adjacent structure, the Home Hardware Cabinet Shop. Both structures were completely destroyed in the fire; a residential home that is in close proximity to both was saved.

The investigation into the cause of the fire has deemed it not suspicious.

According to RCMP Sgt. Al Affleck, a man living at the home was using a heat gun for furniture stripping inside the shed.

"He had gone into the house and noticed a power surge, which was normal for them at the home," said Affleck from the scene. "When he looked out the window, the shed was fully engulfed. With these high winds, the fire spread to the cabinetry shop."

TRURO DAILY NEWS



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Province needs to rethink fishery, focus on sustainable seafood: Report

Local products.

Report co-author says consumers would shell out more for seafood from sustainable local fisheries

Nova Scotia's fishery needs to become a more local, sustainable industry that supports independent fishermen, a Halifax-based environmental group said Monday.

In a new report, the Ecology Action Centre said the industry has for too long focused on exporting high volumes of unprocessed seafood to international markets for a lower cost.

The report said there is an appetite for environmentally sustainable seafood caught locally in small-scale fisheries, but co-author Dave Adler said consumers are often satisfied to buy fish that has been processed and packaged overseas for large companies.

"Somewhere along the line, we've lost the value in local, fresh, sustainable fish," Adler said in an interview. "People have stopped asking, 'Where is it from? How was it harvested? When was it caught?'"

Attitude shift

- **Sustainability.** Jordan Nikoloyuk, who co-authored the report with Dave Adler, said the industry needs to undergo an attitude shift that starts with consumers and retailers demanding sustainable products.

Adler said independent fishermen aren't getting a fair price for their catch and are struggling to compete against big firms with higher quotas, bigger boats and better equipment.

"Our coastal communities are built from these small-scale fishermen and their families, and they're getting put out of business and their communities are suffering."

Adler said it costs more to run a sustainable fishery, but he believes consumers are willing to shell out for a quality product that supports the local economy.

He said the majority of the province's seafood is processed outside Nova Scotia, mostly in China. Exporting whole haddock and importing the fillets costs the province's GDP between \$5 million and \$20 million a year, the 54-page report said.

THE CANADIAN PRESS



Fishing boats loaded with lobster traps head from the harbour in West Dover in this photo from 2009. An environmental group says Nova Scotia's fishery needs to become a more local, sustainable industry that supports independent fishermen. ANDREW VAUGHAN/THE CANADIAN PRESS

Global morning show set to go live



Crystal Garrett, formerly of CTV's Breakfast Television, will be one of the hosts for the Global morning show. HANDOUT

More than two years after Shaw Media acquired the broadcaster, Global Maritimes is ready to take the wraps off a new Halifax-based morning show, promising a "fresh, new look" for viewers on Jan. 28.

"You'll see a very energetic program that will reflect what's going on in the lives of people in Nova Scotia and in particular people in HRM," said Jim Haskins, Global Maritimes station manager and news director.

The show will be hosted by Crystal Garrett, formerly of CTV's Breakfast Television and Paul Brothers, of The

Quoted

"You'll see a very energetic program."

Jim Haskins, Global Maritimes station manager and news director

Score. Weather specialist Jill Chappell, also formerly a CTV Atlantic anchor, rounds out the trio.

The show will run from 6 a.m. to 9 a.m. and will include regular newscasts, live interviews and regular traffic and weather updates — though Haskins said there will be min-

imal repetition.

"It's not going to be a traditional newswheel where it's the same thing every 15 minutes or half hour, this show will evolve for the whole three hours," he said.

The hosts and staff have been in rehearsals for the last week at the new Global headquarters on Gottingen Street, and Haskins said the final product is distinct from other morning broadcasts.

"I think the show will have a different pace and altogether different look from what's out there right now," he said.

METRO

May court date. Woman to stand trial in Kentville for drug death

Kelsey Leanne Pynch will stand trial in May on charges of criminal negligence causing death and two counts of trafficking a substance believed to be methadone.

Defence lawyer Don Fraser waived reading of the charges in Kentville provincial court Monday, elected trial by provincial court judge and entered not guilty pleas on his client's behalf.

The trial will begin early in May. Crown Robert Morrison said the trial is expected to take three or four days.

Pynch, 21, is charged in connection with the death of Katanna MacDonald.

MacDonald, 20, died June 21, 2012 after allegedly consuming methadone. The drug trafficking charges stem from incidents alleged to have occurred last June.

KENTVILLE REGISTER

Robbery attempts

Knives weapons of choice in holdups

Halifax police are investigating two robbery attempts late Sunday where knives were the weapons of choice.

At 5:30 p.m., Halifax Regional Police say a man called to say he was at his home on Pinecrest Drive

in Dartmouth when two men threatened him with a knife and took cash, a cell-phone and his medication.

Both men fled on foot and police have made no arrests.

Also Sunday night, police responded to an attempted robbery attempt at the Subway restaurant on Fenwick Street in Halifax.

METRO

Diocese of Antigonish

Eight Catholic churches to close in Cape Breton

The Catholic Church is closing eight churches in Cape Breton.

An official says letters were sent to parishioners on Sunday.

THE CANADIAN PRESS

New Glasgow

Another suspect arrested following home invasion

New Glasgow police have arrested a second man in relation to a Sunday home invasion.

A 25-year-old was arrested Sunday night in addition to a 23-year-old who

police arrested earlier in the day. Both are from Stellarton and have been released on strict conditions said Const. Ken MacDonald.

The victim was not injured. KENTVILLE REGISTER

On the web

For more local news, go to metronews.ca



Abandoned

Dumped kittens meet sad ending

Ten kittens recently taken to the Moncton SPCA after they were abandoned on an Amherst doorstep have been euthanized after being infected by the deadly panleukopenia virus at the shelter.

AMHERST DAILY NEWS



Janet Schwartz gets a kiss from her pet deer Bimbo at their home near Ucluelet, B.C. JONATHAN HATWARD/THE CANADIAN PRESS

B.C. senior gets to keep her deer

Bimbo. Relationship began when a friend found the orphaned fawn along a logging road 10 years ago

Inside their one-storey, metal-roofed, plywood shack on Vancouver Island's rugged west coast, Janet Schwartz and her domesticated deer, Bimbo, are returning to their normal lives.

The law is no longer threatening to forcibly separate Schwartz and Bimbo, freeing the 10-year-old doe potentially to the fates of the surrounding rainforest and its wolves and black bears.

"We love each other," said Schwartz, who turned 70 on Saturday. "She'll come up to me and she'll kiss me."

For four days last week,

Schwartz' life turned rocky. Conservation officers arrived at the property at the bottom of a remote valley near Ucluelet, B.C., with orders to release Bimbo from the thin tether the deer is attached to when outside, said Schwartz.

Schwartz was told she wasn't allowed to touch Bimbo any more. It seems somebody had complained, said Environment Minister Terry Lake earlier in the week, noting it's illegal to keep wild animals as pets.

There were news stories and Facebook pages, and by Friday, the government had changed its mind. Schwartz could keep her pet with the help of a veterinarian and conservation officers.

"It makes me feel good," said Schwartz of the announcement. "She is my life, OK, and I've had her since the day she's been born."

Quoted

"I know one thing, I'm not going to let her go ... I'll go to jail first."

Janet Schwartz

At night, Bimbo sleeps on a blanket on the side of Schwartz' bed, and once in a while, she kicks Schwartz off her bed, forcing the senior onto a nearby couch.

Bimbo spends the day outside where she is tethered to the home, joined by three dogs and a goat.

Recently, a friend brought over a buck, said Schwartz, and now Bimbo is pregnant.

When Bimbo gives birth, Schwartz said she'll keep the animal tethered, and keep the babies until they are old enough to do what they want to do. **THE CANADIAN PRESS**

Wrong dates

Army gets its holidays mixed up on calendar

The Canadian Army had to reprint 10,000 calendars for 2013 after discovering the original copies put holidays, such as Easter, Labour Day and Thanksgiving, on the wrong dates. "We had a corrupted template," said Kristina Davis, the Army's manager of outreach and stakeholder relations.

Davis said it cost \$11,796 to reprint all 10,000 copies of the calendars. She said the calendars are distributed each year to businesses, community leaders and members of the media.

THE CANADIAN PRESS

Facing 8 charges. Former city councillor waives right to bail hearing

A former city councillor in Saint John, N.B., who is facing child pornography and sexual touching charges has waived his right to a bail hearing.

Donnie Snook is facing eight charges, including sexual interference with a child under 16, possession of child pornography and making child pornography. He appeared in a Saint John court on Monday.

Police say investigators are trying to identify alleged victims in computer images that were seized after carrying out a search at Snook's home in the city's east end.

Snook was elected in 2008 and has been involved in

Steps down

Donnie Snook was arrested at his home on Jan. 9 and resigned from his council seat last week.

community organizations including the Inner City Youth Ministry, which provides sports programs, mentoring and lunches at three local schools.

On Saturday, the Saint John Police Force said several people have come forward with complaints of sexual abuse since Snook was arrested. **THE CANADIAN PRESS**

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Obama takes public oath

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's \$16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline.

THE ASSOCIATED PRESS



U.S. President Barack Obama and first lady Michelle Obama dance during the Commander-in-Chief inaugural ball at the Washington Convention Center during the 57th presidential inauguration Monday in Washington. EVAN VUCCI/THE ASSOCIATED PRESS

The first lady

What to wear... what to wear...

First lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie.

The outfit was specifically designed for Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at the inauguration.

"I am proud and humbled," he said.



Capt. Wales. Prince Harry returns from deployment as pilot in Afghanistan

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

Stationed at Camp Bastion, a sprawling British base in the southern Afghan desert, the prince — known as Capt. Wales in the military — flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters.

"Take a life to save a life. That's what we revolve around, I suppose," he said. "If there's people trying to do bad stuff to our guys, then we'll take them out of the game."



Prince Harry THE ASSOCIATED PRESS

Harry's second tour in Afghanistan went more smoothly than the first, in 2007-08, which was cut short after 10 weeks when a magazine and websites disclosed details of his whereabouts.

British media had agreed to a news blackout on security grounds.

This time, the media were allowed limited access to the prince in return for not reporting operational details.

A member of the air corps' 662 Squadron, the prince's duties ranged from supporting ground troops in firefights to accompanying British Chinook and U.S. Black Hawk helicopters as they evacuated wounded soldiers.

THE ASSOCIATED PRESS

Philippines. Canadian man kills 2 people in court, police say

Police say a Canadian man opened fire in a Philippine courtroom, killing two people and wounding a prosecutor before he was shot and wounded by officers.

Police said the suspect appeared in a Cebu court Tuesday to face malicious mischief charges when he pulled out a gun and shot a prosecutor, a lawyer and another person.

Regional police director Marcelo Garbo said the gunman was wounded by responding police after ignoring orders to surrender and trying to fire at them.

He and the prosecutor were taken to a hospital.

The suspect was identified as John Pope, a resident of central Cebu city.

Garbo said police were investigating his background.

The shooting came after several recent killings in the country that prompted calls for a tighter gun control.

THE ASSOCIATED PRESS

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Firemen in Algeria carry a coffin on Monday containing the body of a person killed during the attack in Ain Amenas. ANIS BELGHOU/THE ASSOCIATED PRESS

Inert explosive forgotten for two days on plane after dog training

British Columbia's transit police have been forced to explain how an inert explosive device used in a dog-training exercise was left on an Air Canada plane that then flew to Toronto.

The force has blamed a single officer who subsequently resigned and says new training protocols have been put in place in the past two years.

The bottle containing a

small wad of explosive material was missing for two days before the dog-handling transit officer noticed in January 2011 that his kit was incomplete.

The incident wasn't made public until Monday, when documents charting the investigation were released by the Canadian Taxpayers Federation to bolster its argument to replace transit police with less-

costly security.

The documents reveal that the device could not have detonated without a blasting cap, which wasn't attached.

"You could strike the material with a hammer, or light it on fire without it exploding," Anne Drennan, spokeswoman for the Vancouver-area Transit Police, said on Monday.

THE CANADIAN PRESS

Where's the bomb?

Authorities including the RCMP were involved in a vigorous search of the aircraft. They came to the conclusion the device had likely been picked up as trash and incinerated.

Feds skeptical that Canadians helped attack plant in Algeria

Multinational force.
Ottawa wants to verify passports found on site

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who attacked a remote desert energy plant.

Senior federal sources say the government is frustrated by a lack of information.

And they are unhappy that Algeria's prime minister went on television on Monday and announced that two Canadian nationals were among the band of Islamist militants who took hundreds hostage.

"The concern is we want to see the documentation. We want to see what proves that they're Canadian," said one government official who was not authorized to speak publicly and requested anonymity.

"As far as we know, it's a

fake passport."

Algerian Prime Minister Abdelmalek Sellal did not say on Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

Hostages who had escaped recalled hearing at least one of the militants speaking English with a North American accent.

Other unconfirmed reports said one of the Canadians was co-ordinating the attack.

According to former senior agents at CSIS, Canada's spy agency, it is plausible that there might be a Canadian connection to the Algerian debacle.

"The North African file has always been very important ... because we have a French community in Quebec, where they can establish themselves," Michel Juneau-Katsuya said.

CSIS has had the Algerian community in Montreal under surveillance for decades now, he said, citing a series of high-profile cases. THE CANADIAN PRESS

Oncoming storm

Canada's warming trend a bad omen

Environment Canada says warming trends across the country will mean more severe blasts of rain, wind, snow and heat.

Bob Robichaud, a warning-preparedness me-

teorologist, says 2012 was the 16th year in a row of higher-than-normal temperatures across Canada.

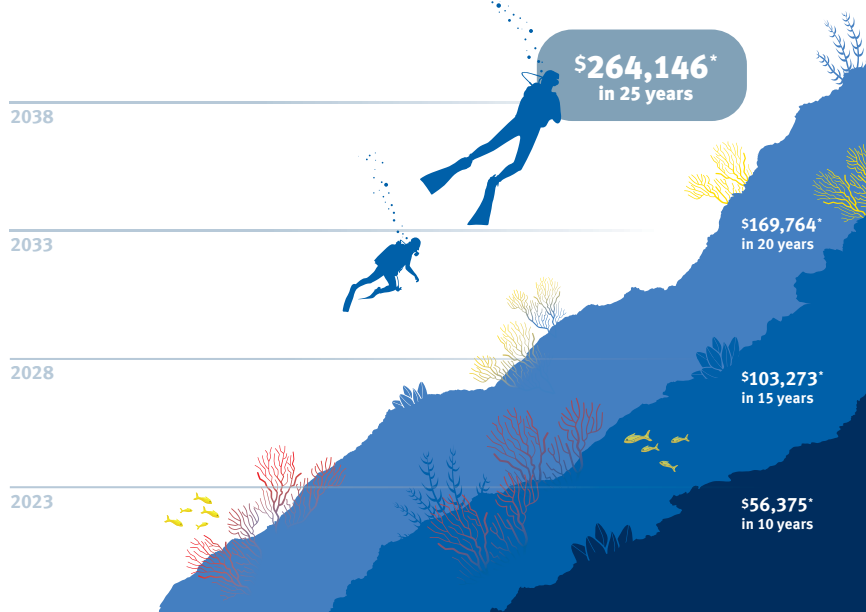
Over the past 10 years, just four of 40 seasons were cooler than normal.

Robichaud says experts are warning residents on the East Coast to expect heavier and more frequent storms. THE CANADIAN PRESS



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Market Minute

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Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab



Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the govern-

ment tab.

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly

By the numbers

\$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of \$1,200 a person.

two dozen members of the Chinese-Canadian cultural community.

Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm. THE CANADIAN PRESS

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet dealer or call us at 1-800-GM-DRIVE. * 0% APR based on a 60 month lease for new or demonstrator 2013 Cruze LS. OAC by GM Financial. Applies only to qualified retail customers in Atlantic Canada. Example: \$20,000 at 0% APR, monthly payment is \$416.67 for 48 months. Total obligation is \$20,000. Down payment or trade and/or security deposit may be required. Monthly payments may vary depending on down payment/trade. Freight, \$0 acquisition fee, and air tax (\$100, if applicable) are included. License, insurance, dealer fees, excess wear and km charges, and applicable taxes not included. † Valid at participating GM dealerships in Canada only. Retail customers only. No cash value. Offer may not be combined with certain other AIR MILES promotions or offers. See your participating GM dealer for details. Offer expires February 28, 2013. Please allow 4-6 weeks after the offer end date for reward miles to be deposited to your AIR MILES® Collector Account. Miles are issued by LoyaltyOne Inc. and are subject to the terms and conditions of the AIR MILES Reward Program. © 2012 GM. AIR MILES® and AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and General Motors of Canada Limited. ‡ Based on a 60 month lease for new or demonstrator 2013 Chevrolet Cruze LS. Annual kilometer limit of 20,000km, \$0.16 per excess kilometer. OAC by Financial. Lease APR may vary depending on down payment/trade. For representative lease with \$0 down payment and a \$0 security deposit, the monthly payment is \$176 for 60 months, with option to purchase at lease end \$5,956.20 for 2013 Chevrolet Cruze LS. Other lease options available. ** \$3,300 manufacturer-to-dealer delivery credit (tax exclusive) for 2012 Chevrolet Cruze is reflected in the offers in this advertisement. Credit will impact the effective APR for finance customers. †† Eligible students or recent graduates receive a Student Bonus credit of \$500 or \$750 (tax inclusive) (credit amount depends on vehicle purchased) to use towards the purchase or lease of one eligible new 2012/2013 Chevrolet, Buick, GMC or Cadillac vehicle delivered between January 3, 2013 and January 2, 2014. * † † † Limited time offers that may not be combined with other offers and may change without notice. Dealers are free to set individual prices. Dealer order or trade may be required. GMCL (or Ally Credit/Scotiabank/TD Auto Financing Services, where applicable) may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See your GM dealer for details.

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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN



**SHE
SAYS...**
Jessica Napier
metronews.ca

everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real time while I just lie

on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the "Best. Night. Ever." every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on
Twitter @MetroSheSays



It's the Starlight Express



BRAD GOLDPAIN/SOLENT

Astrophotography

Photog captures star trails lakeside

It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAIN
Photographer

How did this picture come about?

I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked

together using Photoshop to create the final photograph.

Why did you pick this location to take your star trails?

First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?

I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.



Twitter

@len001:

Weather people: living vicariously through our misery. They're excited it's going to snow in #Halifax. #bastards.

@ashdelarge:

Halifax weather makes literally no sense. There was snow all weekend and now it's perfectly green #novascotiaprobs

@CassNaas:

My tweet made @metrohalifax, but I still don't know what to do

with my dead hairdryer. Can hair-dryers be #recycled in #Halifax? Anybody??

@walsha:

TSN has been shooting a feature on Halifax forward Jonathan Drouin to air soon. Today, they are in Jonathan's hometown of Huberdeau, QC

@Deaconday:

SOOO awesome that I live close enough to Citadel Hill, to hear the cannon at noon! #Halifax



Think your friends are having more fun than you? They probably are. Not.

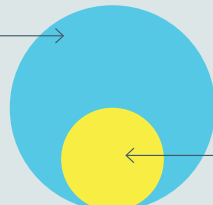
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SOUNDS ICKY

DVD review



End of Watch

Director: David Ayer

Stars: Jake Gyllenhaal, Michael Peña, Anna Kendrick

★★★★

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Peña), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

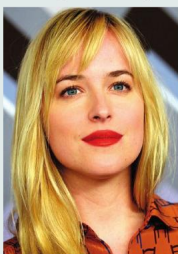
Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking. Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.



Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang. Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.



Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaptation of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize. Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.



Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu. Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!



THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs



from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural

balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Franco video was all in good fun



James Franco

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-synching to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."



Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long

break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

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Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of *Cooking Light: The Food Lover's Healthy Habits Cookbook*, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often

Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast

"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater

Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish

Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie

Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013



Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and *Crazy Sexy Kitchen* author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA MCGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

Top 5

Healthy habits you can steal from Kris Carr

1 Load half of your plate with vegetables.

2 Remove dairy from your diet and assess the sugars you're consuming.

3 It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.

4 Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.

5 Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book *Crazy Sexy Kitchen*.



You have 60 seconds to make me go vegan. Go.

"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.

"People complain about not

having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?

"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

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A fish-free option for vegans who love tuna sandwiches



This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.
2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.
3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen



Health Solutions

The healthy side of Mexican food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant

lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capsaicin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and

cream — to a minimum and you will be well ahead of the curve. Olé!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



One-pot meal. Chickpeas with Root Vegetable Tagine — vegan style

1. Toast cumin seeds and coriander seeds in a dry sauté pan until aromatic (you can toast ground spices as well, but be sure not to burn them). If using seeds, once toasted, transfer into a small spice grinder (or coffee grinder) and add the red pepper flakes, turmeric, cinnamon, black pepper and sea

salt. Grind till slightly coarse.

2. In a large heavy-bottom shallow pot or deep skillet (cast iron works best) on medium heat, add oil, onions, and garlic. Cook until onions are translucent and golden, stirring continuously for about 3 to 4 minutes.

3. Reduce heat to medium-low, add the spices, tomato paste, vegetable stock, carrots, sweet potatoes and turnip. Cover and simmer for about 25 minutes, or until the carrots and potatoes are tender. Add olives and chickpeas five minutes before turning off the heat.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 tsp cumin seeds (or 2/3 tsp ground cumin)
- 1 tsp coriander seeds (or 2/3 tsp ground coriander)
- 1/2 tsp red pepper flakes (adjust based on desired spiciness)
- 1/2 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tsp sea salt
- 3 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, finely chopped
- 2 tbsp tomato paste
- 2 cups vegetable stock
- 1/2 cup diced carrots
- 1 cup diced sweet potatoes
- 1/2 cup turnip or russet potatoes, peeled and diced
- 1/2 cup pitted and chopped green olives
- 2 cups chickpeas, cooked



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Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE
BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are mil-

lions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can



Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker.

People will throw away a 30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared

friendship and throw all of that away?

But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are

more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?

You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

Help your mother find the right match

MyLovelyParent. New website encourages adult kids to fix their elderly parents up with a suitable person



Teaming up: Mom and daughter can peruse together. HANDOUT

MEREDITH
ENGEL

Metro World News in New York

When Matt Connolly's mom was looking for her "knight in shining armour," he decided to help — in a big way.

In October, Connolly created myLovelyParent, a dating website for older men and women where children recommend the potential suitors to their parents. Sons and daughters can scroll through the website's members and send a note to their parent with details about the users who caught their eye. Then it's up to the parent to make the initial connection.

"I imagined a place where (my mom) could go online, where she could meet other like-minded people,

it would be really safe, it would be really easy to use and so on," Connolly says of his site, which is currently free but come spring will be subscription-based. "I really liked this whole thing about, 'Maybe I could start my mum's profile,' and if she wants to go on the journey then she could, and if she didn't that's cool. Then (I thought), are there going to be other people who want to use this as well? Before you know it, I'm discovering these amazing stories where people have pretended to be their mum or dad online just to check them out. So what I found was there's a whole stack of those kids,

adult children, who wanted their mum or dad to find a new partner but found it really difficult — there was no natural home for where we could do that. And so that's where myLovelyParent was born." Gentlemen, start your engines

Connolly says the current ratio of users is about one dad for every four moms, and he's looking to change that. MyLovelyParent's Older Gent Academy is giving the first 1,000 dads who sign up unlimited free membership, and four dads will be chosen to get a new suit and a session with a dating coach. Visit mylovelyparent.com/academy for details.

King American Staffordshire Terrier Mix

King is approximately 5 years old and would do best with a dog experienced owner. He loves his toys and can play by himself non-stop and although he will release his toy to you, he won't forget that you have it! Sturdy toys are best as he enjoys taking them apart. King loves everyone he meets but does not do well with cats... they are just too fun to chase! If King sounds like the best friend you've been looking for, please visit him today.



For more information on King and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small

'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day,

which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

— Jane Doucet



CHOOSE A CAREER AS A DENTAL HYGIENIST

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy. "All of our dental hygiene instructors are registered, self-initiated and experienced."

A new pilot project beginning this year will see CNIH partner with the Canadian



THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to actively pursue their dream of owning their own practice.

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

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RRSPs — should you borrow or not?

Alison on Money.

Borrowing is easy. The tricky part is paying it back in a timely fashion



YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps your RRSP contribution room is the size of a small nation's GDP. Do you borrow to catch up?

This is one of the most common questions at this time of year.

It may seem like a no-brainer. Use cheap money to contribute to an RRSP, reduce taxes and give retirement savings a boost.

However, borrowing is easy. The tricky part is paying it back in a timely fashion and investing in something that produces a solid return over time.

Often people are encouraged to borrow for RRSP contributions by mutual fund salespeople. The results are mixed at best. The high fees of many mutual funds eat into returns.



Looking to build your RRSP nest egg? ISTOCK IMAGES

If you are disciplined enough to pay back an RRSP loan in a year and use the tax refund for next year's contribution, the strategy can work.

But there's a better way.

First I ran some numbers assuming an annual \$5,000 loan at five per cent and a six per cent return over time with

the tax refund also contributed each year. I used someone earning \$50,000 and a marginal tax rate of around 31 per cent (it will vary slightly by

province).

The payments will be just under \$430 monthly to discharge the loan annually. After 10 years there will be

nearly \$92,000 in your RRSP.

However, instead of borrowing, take that \$430, contribute it monthly and also deposit the tax refund. After 10 years there would be ... guess what? Nearly \$92,000 in your RRSP!

Of course, there are many permutations and combinations from lower or higher borrowing costs and rates of return to marginal tax rate considerations.

But the bottom line is that using a projected loan payment as a monthly contribution to catch up on RRSP contributions is safer simply because you aren't taking on non-tax deductible debt. And the results are almost identical, at least in this example.

Run the numbers yourself using the Borrow for RRSP Calculator at taxtips.ca. (This is a business site and the calculator was last updated in 2010, but you can alter all the criteria.)

I'm sure to get mail from investors who borrowed at three per cent and got a 12 per cent return. But can those results be repeated every year?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Credit card statement

Race is on to repay holiday spending



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.



You need a plan to clear your balance as quickly and efficiently as possible. ISTOCK IMAGES

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a \$1,000 balance would cost \$1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular

amount of \$50 per month, you'd clear the balance in 25 months and pay \$200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji.

Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter
@LesleyScorgie



QMJHL

Six-point week gets Weegar 2nd-star honour

Halifax Mooseheads defenceman MacKenzie Weegar is the Quebec Major Junior Hockey League's second star of the week.

Weegar, 18, had a goal and five assists in three games for the Mooseheads last week, all victories on the road. He also finished with a plus-seven rating.

Weegar is tops in the QMJHL at plus-35. He's also tied for second in scoring amongst Halifax blue-liners with six goals and 26 points.

First-star honours went to Dmitrij Jaskin of the Moncton Wildcats, who had 10 points in three games. Michael Beaudry of the Bathurst Titan was the third star after posting three goals and five assists in three games.

Halifax returns to action Friday when they host the Sherbrooke Phoenix at 7 p.m. **METRO**

NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

CBC says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game. **THE CANADIAN PRESS**



James van Riemsdyk of the Toronto Maple Leafs crashes to the ice in front of Buffalo Sabres Christian Ehrhoff, left, John Scott and goaltender Ryan Miller at the Air Canada Centre on Monday. The Leafs were upended 2-1. **STEVE RUSSELL/TORSTAR NEWS SERVICE**

Leafs thwarted during Miller time

NHL. Veteran Sabres goalie records 28th career win over Toronto

Ryan Miller regained his mastery of the Toronto Maple Leafs on Monday night.

Miller stopped 34 shots to lead the Buffalo Sabres to a 2-1 victory and spoil Toronto's home opener. It was Miller's 28th career win over the Leafs,

the most the Sabres netminder has against any NHL team.

Miller came into the contest with a 2.44 goals-against average and .922 save percentage versus Toronto (1-1-0), but the Leafs won the season series last year 3-2-1 and were a stellar 3-0-0 versus the Sabres at Air Canada Centre.

"They've been kicking my ass the last two years a little bit so it's time to get back at them," Miller said. "We're in one of the biggest cities for

Home opener

2

Sabres

1

Maple Leafs

hockey, it's great to come and play in front of these fans.

"It's a big compliment to Buffalo that we've got great fans and in the area. I feel like this is the whole hockey area — a big hotbed — so we come and just try to enjoy yourself and have some fun and it's fun to win here."

Miller was solid for Buffalo (2-0-0) after registering a 27-save performance in the Sabres' 5-2 season-opening

home win over the Philadelphia Flyers on Sunday night. The veteran netminder was a big reason why the ACC gathering of 19,475 spent much of the contest sitting on its hands.

But Nazem Kadri got the home crowd buzzing when he beat Miller on the power play with 1:42 remaining, his second goal of the season. Toronto's Joffrey Lupul appeared to tie it 25 seconds later with goalie Ben Scrivens on the bench but the goal was disallowed.

With Scrivens back on the bench and Toronto on a late power play, Kadri was all alone to the side of Miller but couldn't get his stick on the bouncing puck in the dying seconds to force overtime.

THE CANADIAN PRESS

Quoted

"You have to give him credit, he made some big saves for them. We got traffic in the tough areas but at the end of the day we just didn't execute."

Leafs captain Dion Phaneuf on Sabres goalie Ryan Miller.

Bruins' Bergeron shows off full repertoire

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for the first two minutes, 17 seconds of overtime.

Bergeron felt like the solid penalty killing was a simply a matter of repetition.

"We've stuck to our system,"

Monday's game

2

Bruins

1

Jets

he said. "I guess we've kept it simple."

Tuukka Rask made 26 saves in regulation and overtime and Blake Wheeler was the only Jet to score in the shootout. Bryan Little, the last shooter, hit the right post to end the game.

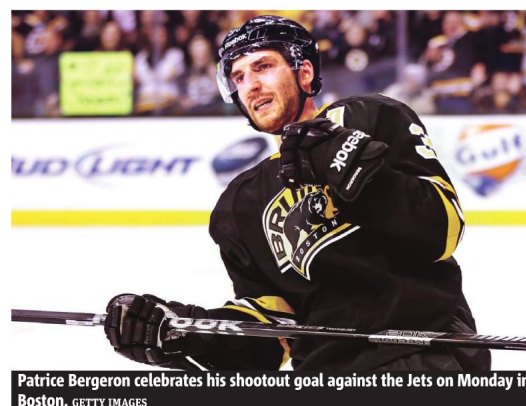
Ondrej Pavelec made 26

saves in regulation for the Jets, but gave up goals to Boston's first two shooters in the extra session. Chris Thorburn scored for the Jets (0-1-1).

In the shootout, Seguin moved in, shifted a few times before beating Pavelec with a forehand shot to the glove side. Bergeron, the second shooter, slipped the puck between Pavelec's pads.

The Jets played the final 1:11 of regulation and opening 49 seconds of OT on a power play when Johnny Boychuk high-sticked Little. Olli Jokinen's tip in attempt slid just wide of an the net in the closing seconds.

THE ASSOCIATED PRESS



Patrice Bergeron celebrates his shootout goal against the Jets on Monday in Boston. **GETTY IMAGES**



Horoscopes

Aries

March 21 - April 20

If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

Taurus

April 21 - May 21

You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

Gemini

May 22 - June 21

The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

Cancer

June 22 - July 23

There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

Leo

July 24 - Aug. 23

Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

Virgo

Aug. 24 - Sept. 23

Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

Libra

Sept. 24 - Oct. 23

No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

Scorpio

Oct. 24 - Nov. 22

Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

Sagittarius

Nov. 23 - Dec. 21

Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

Capricorn

Dec. 22 - Jan. 20

You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

Aquarius

Jan. 21 - Feb. 19

Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

Pisces

Feb. 20 - March 20

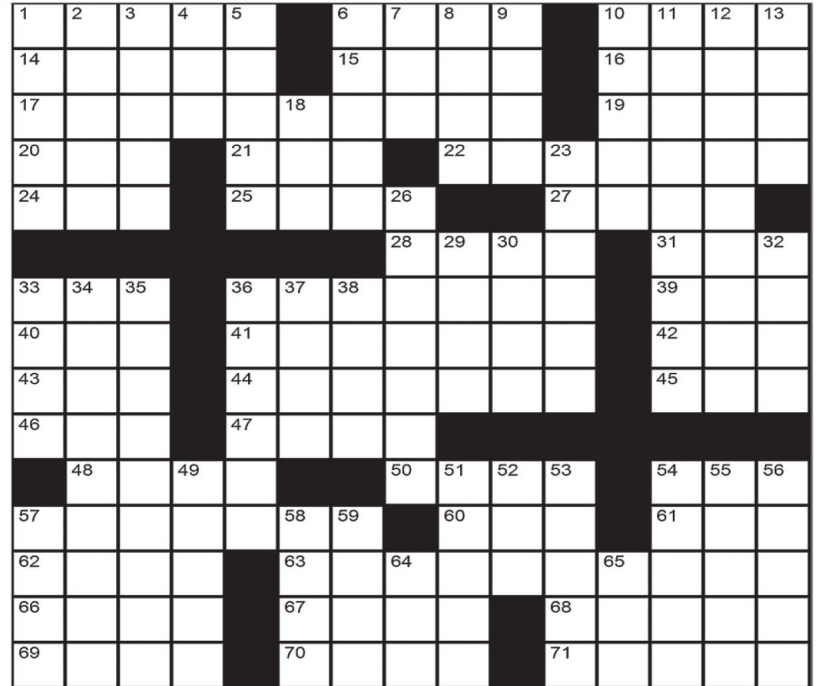
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Hamilton-born actress on ABC series "Castle", Stana ___
- Apple product
- CBC Radio/TV talk program, "Q with ___ Ghomeshi"
- Prefix that means 'Rainbow'
- Video ___
- Vogue's Ms. Wintour
- Canadian contractor: 2 wds.
- Nutritional suggested amts.
- Politician's positive
- "Don't Bring Me Down" gr.
- Kinda kind
- Building wing
- Bright city light
- Leave in, in proofreading
- Of a lyric poem
- Low: French
- Ohs partners
- Canadian singer Nelly
- Cigarette dangle
- Ms. Benatar
- Inclined: 3 wds.
- Winnipeg's Ms. Vardalos
- Knight's title
- Political maneuvering, with Shuffle
- "Hawaii Five-O" star, Daniel ___ Kim
- Historic time
- So
- Houston baseball player, informally
- Highlander
- Stitch
- Ready to take on the challenge: 3 wds.
- Legume
- That, in Tijuana
- ___ Mome National Park, Nfld.
- Toronto improv mecca, The ___ : 2 wds.
- Tortoise's competitor
- Romance lang.
- Canadian territory
- Director Mr. Pollack, et al.
- Roman ruler
- Ski resort's one-of-some



Down

- Brangelina-style name for star couple West/Kardashian
- Princess in "The Little Mermaid" (1989)
- Mayan archaeological site
- "Fluor" suffix
- "Hallelujah" songwriter Leonard
- Domed dwelling
- Cooking spray
- Prayer-ender
- Lucy's love
- Actress, Marissa ___ Winokur
- Arcade Fire, for example: 2 wds.

- Daughter of Nicholas II of Russia
- Basketball player Steve
- Toreador's taunt
- Actor, George ___ : ___ Hill" (1999)
- Dashiell Hammett novel, The ___ Curse
- Comic actor Eric
- Canadian ice dancer, ___Lynn Bourne
- Church's vaulted part
- Broadway musical
- Justin Bieber's hometown

- "The X ___"
- Salt Lake City's state
- Rapini, aka Broccoli ___
- "The Bachelor" flowers
- Speedskater, ___ Anton Ohno
- "Velvet" suffix
- Belonging to Miss Gaga
- Watch brand
- Impede, in law
- Garth's pal in movies
- Recoiler's reactions
- "Beauty ___ the eye...": 2 wds.
- Guillotine target?
- Electric ___
- ___de-sac

Yesterday's Crossword

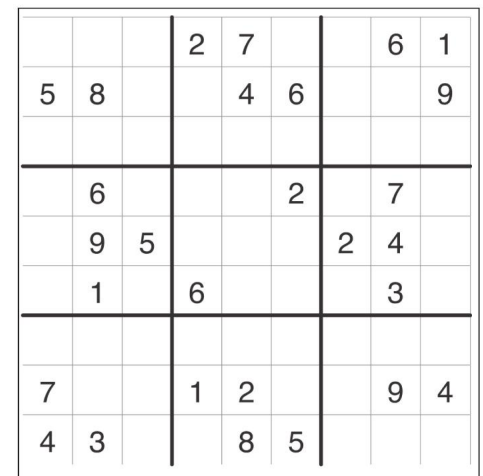


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Wednesday



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